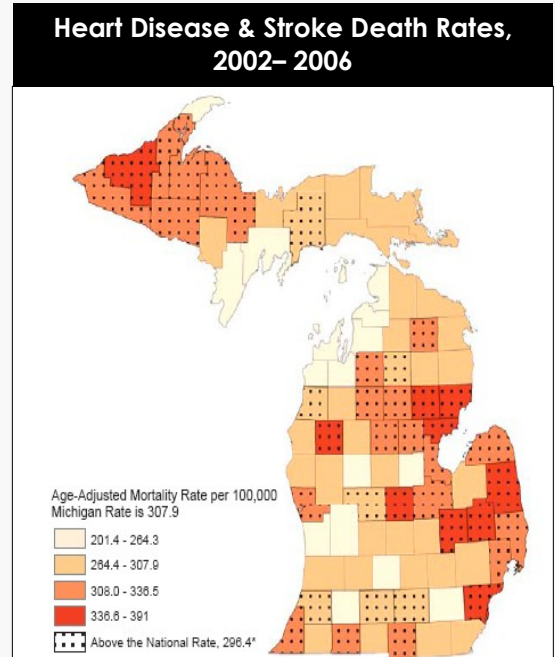


2010 Heart Disease and Stroke Guide for Michigan Legislators

Why Worry About Heart Disease & Stroke in Michigan?

- Cardiovascular disease (often referred to as heart disease and stroke) has been the number one cause of death in Michigan for more than 100 years.
- Compared to national death rates, 39 Michigan counties are above the national death rate for heart disease; 36 counties for stroke.
- 361,300 Michigan Medicaid patients had cardiovascular disease with a total cost of care of \$993 million.
- Stroke is the leading cause of long-term disability and the number one cause of people moving from hospitals to nursing homes.
- Cardiovascular disease is the number two cause of death for children under 15.
- 9 of 10 adults have one or more cardiovascular disease risk factors and only 4% of all adults practice a healthy lifestyle (regular physical activity, healthy weight, healthy eating, and not smoking.)
- 70% of patients with hypertension do not have their blood pressure under control. Lowering high blood pressure by 12 points can reduce heart attacks by 21% and strokes by 37%.



Reducing Michigan Health Care Costs

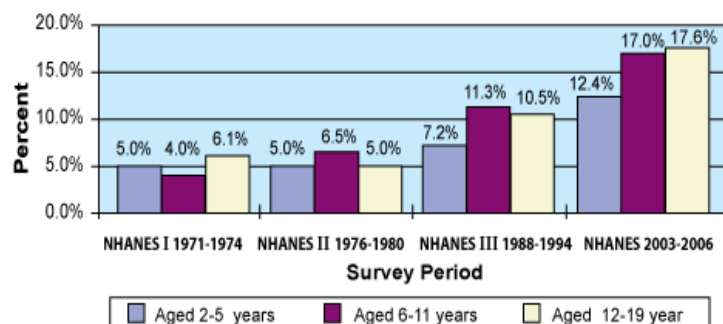
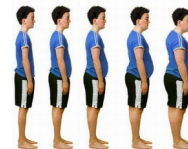
- Reducing the number of Medicaid patients with high blood pressure by 10% could save \$48 million.
- A 10% reduction in strokes could reduce Medicaid costs by \$29.8 million.
- If only 5% of sedentary residents become physically active, it could save \$575 million.

State matching funds bring an additional \$1.5 million in federal funds and \$500,000 in private funds to combat cardiovascular disease and obesity. Federal grants usually require state matching funds. If state funds are lost, so are federal funds.

Who is affected by Obesity?

- Obesity increases the risk of heart disease and stroke, Type 2 diabetes and cancer.
- Obesity rates have quadrupled among children ages 6 to 11.
- 70-80% of overweight children become obese adults.
- 80% of adolescents do not eat enough fruits and vegetables.
- 62% of high school students do not attend physical education classes.

The Rising Tide of Childhood Obesity



National Health and Nutrition Examination Surveys
Prevalence of Obesity* Among U.S. Children and Adolescents (Aged 2-19 Years)
*Sex- and age-specific BMI \geq 95th percentile based on the CDC growth charts.

“Because of the increasing rates of obesity, unhealthy eating habits, and physical inactivity, we may see the first generation that will be less healthy and have a shorter life expectancy than their parents.” Richard Carmona, Former U.S. Surgeon General



What are we doing for our kids?

In 2007, Healthy Kids, Healthy Michigan (HKHM) emerged with an obesity prevention policy prioritization effort dedicated to reducing childhood obesity in Michigan through strategic policy initiatives. In 2008, a campaign was launched to address its 6 highest priority policy issues. The coalition is now comprised of decision makers from more than 110 organizations statewide, representing government, non-profits, and public and private sectors.

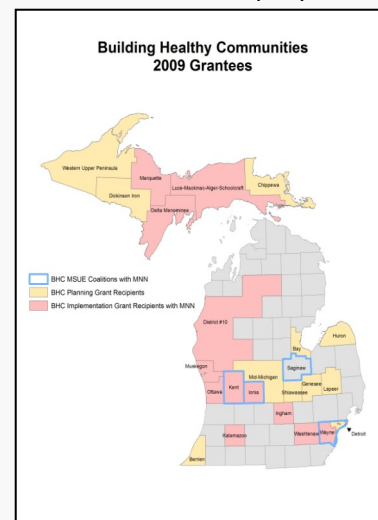
What's Next?

Funding will support the efforts of HKHM to implement the Michigan Nutrition Standards in schools to establish campus-wide standards for all foods and beverages sold on school grounds and implement complete streets policies to support safe and accessible physical activity.

Healthier diets could save \$2.5 billion in medical costs, lost productivity and lost lives.

Cardiovascular Program 2009 Highlights

- Provided grants and technical assistance to 800 low-income schools to conduct an assessment and implement changes to improve healthy eating, health education, and physical activity affecting change for over 370,000 students and families.
- Collaborated with Healthy Kids, Healthy Michigan to advance the five year policy plan to address childhood obesity in schools and communities.
- Provided grants and tools to 23 local health departments covering 28 counties targeting changes to support healthy eating and increased physical activity. Over 4 million residents were impacted, including more than 300,000 Medicaid recipients. Local communities leveraged more than \$1.8 million in additional funding to support their work to improve residents' healthy life-style.
- Collaborated with community organizations to improve awareness of risk factors and signs & symptoms of heart attack and stroke reaching 1.5 million people, including urban markets with high-risk populations. Implemented educational programs statewide to EMS providers.



- Implemented programs emphasizing CPR education, AED training and resources along with risk factor education, signs/symptoms of heart attack and stroke, need to call 9-1-1. Program reached 22 African American churches with 10,000 members.
- Funded 15 cardiac rehabilitation programs to participate in a continuous quality improvement project; and 7 hospitals targeting 1,043 patients to improve the care provided to heart failure patients.
- Expanded quality improvement programs working with 37 hospitals to improve response time and appropriate treatment for acute stroke reaching 7,265 patients. Improved blood pressure treatment and cholesterol control impacting 500 providers and 15,000 patients, including Medicaid patients.

Quality improvement programs stress consistent use of clinical guidelines to improve patient outcomes and to reduce the number of recurrent events and, most importantly, save lives.

Cardiovascular Program Goals

Fiscal Year 2010

- Fund 36 hospitals to continue implementing a stroke registry expanding data collected on stroke patients with continuous quality improvement programs focused on national clinical performance measures. A mentoring program is being introduced to support sustainability.
- Continue to support the efforts of Healthy Kids, Healthy Michigan which has prioritized 10 policy areas from the five year policy agenda. Policy areas include body mass index surveillance, access to healthy food through community and school gardens, childcare nutrition and physical activity requirements, state nutrition standards for the schools and complete streets.
- Improve healthy eating and physical activity levels of children in over 200 Michigan schools reaching 150,000 students and families.
- Provide grants and tools to 12 local health departments working in over 20 communities to implement changes supporting healthy eating and physical activity. Potential impact is 3 million people and over 300,000 Medicaid recipients.
- Collaborate with EMS partners to implement a reassessment of EMS systems. Continue distribution of protocols and tools for EMS providers, facilitate educational programs, and work with eight emergency preparedness regions to plan for emergency response for stroke and heart attack patients.
- Collaborate with churches, community organizations and partners to improve awareness of risk factors, signs and symptoms of heart attack and stroke and the need to call 9-1-1, including urban markets with high population of African Americans. Will incorporate messages about high blood pressure and high cholesterol control.

Support Cardiovascular Health Programs through continuation of the Healthy Michigan Fund. If state funds are lost, federal funds are also lost and Michigan could lose its progress toward reducing heart disease and stroke.